

# UVHS Learning Through Enrichment



## 20 Minute Stretch

Grab a mat and get ready to get long and lean! This workout helps build muscle strength and increase flexibility. A regular stretch routine will also help reduce stress levels.

Hold each move for 40 seconds and take a 20 second break in between. Tone your entire body by doing it at least 3 times per week.

1. Forward Bend
2. Chair Pose
3. Downward Facing Dog
4. Dolphin Pose
5. One Leg Downward Facing Dog (Left)
6. One Leg Downward Facing Dog (Right)
7. Camel Pose
8. Cobra Pose
9. Upward Facing Dog
10. Forearm Plank
11. Side Forearm Plant (Left)
12. Side Forearm Plant (Right)
13. Bridge Pose
14. Warrior 1 (Left)
15. Warrior 1 (Right)
16. Warrior 2 (Left)
17. Warrior 2 (Right)
18. Warrior 3 (Left)
19. Warrior 3 (Right)
20. Triangle Pose (Left)
21. Triangle Pose (Right)
22. Tabletop
23. Child's Pose
24. Corpse Pose



Recommended by: *Miss Dixon*



Don't forget to share your progress on Teams 😊